



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 03184, Babyfood, cereal, whole wheat, with apples, dry fortified**

**Report Date: June 24, 2017 23:46 EDT**

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 oz 15g
<b>Proximates</b>					
Water	g	1.70	--	--	0.26
Energy	kcal	402	--	--	60
Energy	kJ	1684	--	--	253
Protein	g	6.60	--	--	0.99
Total lipid (fat)	g	4.80	--	--	0.72
Ash	g	3.70	--	--	0.56
Carbohydrate, by difference	g	83.20	--	--	12.48
Fiber, total dietary	g	6.7	--	--	1.0
Sugars, total	g	26.66	--	--	4.00
<b>Minerals</b>					
Calcium, Ca	mg	600	--	--	90
Iron, Fe	mg	45.00	--	--	6.75
Magnesium, Mg	mg	140	--	--	21
Phosphorus, P	mg	200	--	--	30
Potassium, K	mg	500	--	--	75
Sodium, Na	mg	66	--	--	10
Zinc, Zn	mg	2.60	--	--	0.39
Copper, Cu	mg	0.620	--	--	0.093
Manganese, Mn	mg	2.520	--	--	0.378
Selenium, Se	µg	64.7	--	--	9.7
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	58.3	--	--	8.7
Thiamin	mg	0.330	--	--	0.050

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 oz 15g
Riboflavin	mg	1.000	--	--	0.150
Niacin	mg	13.330	--	--	1.999
Pantothenic acid	mg	0.953	--	--	0.143
Vitamin B-6	mg	0.660	--	--	0.099
Folate, total	µg	166	--	--	25
Folic acid	µg	142	--	--	21
Folate, food	µg	24	--	--	4
Folate, DFE	µg	265	--	--	40
Choline, total	mg	42.1	--	--	6.3
Vitamin B-12	µg	3.33	--	--	0.50
Vitamin B-12, added	µg	3.33	--	--	0.50
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	203	--	--	30
Vitamin E (alpha-tocopherol)	mg	50.00	--	--	7.50
Vitamin E, added	mg	50.00	--	--	7.50
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	8.3	--	--	1.2
<b>Lipids</b>					
Fatty acids, total saturated	g	0.639	--	--	0.096
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.016	--	--	0.002
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.005	--	--	0.001
16:0	g	0.497	--	--	0.075

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 oz 15g
18:0	g	0.087	--	--	0.013
Fatty acids, total monounsaturated	g	1.277	--	--	0.192
16:1 undifferentiated	g	0.021	--	--	0.003
18:1 undifferentiated	g	1.216	--	--	0.182
20:1	g	0.026	--	--	0.004
22:1 undifferentiated	g	0.009	--	--	0.001
Fatty acids, total polyunsaturated	g	1.866	--	--	0.280
18:2 undifferentiated	g	1.606	--	--	0.241
18:3 undifferentiated	g	0.257	--	--	0.039
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.002	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0